WHAT IS CLAIMED IS:

- 1. A forearm guard having a sleeve and an impact absorbing pad associated therewith, comprising:
- A. A sleeve of essentially tubular construction wherein the overall length thereof conforms essentially to the linear dimension of a forearm of a wearer, and the overall diameter thereof conforms essentially to approximately 75% of the diameter of the narrower of the dimension of the forearm of said wearer,

Said sleeve being fabricated from a woven fabric which either by virtue of its intrinsic properties and/or weaving, is essentially resilient and stretchable so as to both conform to the said forearm and retain said guard in place during movement of said forearm,

- B. An impact absorbing pad comprising an expandable foam or elastomer, said pad including a effective impact absorbing thickness of said expandable foam or elastomer, and
 - C. Means for attachment of said impact absorbing pad to said sleeve.
- 2. The forearm guard of Claim 1, wherein said sleeve is fabricated from a moisture absorbent material.
- 3. The forearm guard of Claim 1, wherein said sleeve is fabricated from a terry cloth-like material.

- 4. The forearm guard of Claim 1, wherein said impact resistant pad comprises neoprene.
- 5. The forearm guard of Claim 1, wherein said impact resistant pad comprises neoprene and has a effective impact resistant thickness of from about less than about 0.25 inches and at least about 0.125 inches.
- 6. The forearm guard of Claim 1, wherein the impact resistant pad is releasably attached to said sleeve